



Brightstar
MINISTRIES, INC.



Partner Packet

brightstarministries.org





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Dear Friend,

Thank you for taking time to learn about Brightstar Ministries, Inc.

This work began in a deeply personal place. As an ordained pastor, a father of an autistic child, and someone who has walked through anxiety, isolation, and seasons of not fitting into spaces that were supposed to feel like home, I saw a quiet but widespread need. Many individuals and families long for faith, community, healing, and purpose, yet struggle to find support that is accessible, affordable, and genuinely understanding.

Mental health care is often difficult to obtain. Families navigating autism or other neurodivergent needs can feel overwhelmed and alone. Individuals facing addiction, abuse, anxiety, trauma, depression, or burnout frequently carry those burdens in silence. Even within faith communities, people may hesitate to seek help because they fear stigma or misunderstanding.

Scripture reminds us that God “sets the lonely in families” (Psalm 68:6). Brightstar Ministries exists to participate in that work — creating spaces of belonging, care, and hope for those who feel unseen.

Through pastoral care, education, advocacy, and creative outreach, we seek to reflect Christ’s compassion to those who may remain marginalized.

Inside this packet you will find our story, our vision, and ways to partner with us. If this mission resonates with you, I would welcome the opportunity to talk further about how you might join us in this work.

With gratitude,

Adam Wood

Co-Founder, Executive Director

Brightstar Ministries, Inc.





Executive Summary

Brightstar Ministries, Inc. is a 501(c)(3) nonprofit organization dedicated to supporting mental health, neurodivergent individuals, families experiencing abuse, addiction recovery, and those who feel disconnected from traditional community spaces. Our work integrates practical care, education, pastoral support, and creative outreach to help people experience belonging, healing, and purpose.

Many individuals struggle not because they lack desire for connection, but because appropriate support is difficult to access. Mental health services are often expensive or unavailable. Families navigating autism and other neurodivergent conditions frequently face long waitlists and limited guidance. Parents and caregivers may feel exhausted, isolated, and unsure where to turn. Many experiencing abuse often feel isolated and struggle to find support. Individuals dealing with addiction or recovery needs often encounter stigma that prevents open conversation.

Our approach reflects the biblical call to “carry each other’s burdens” (Galatians 6:2), recognizing that healing often happens in community rather than isolation.

Brightstar Ministries addresses these gaps through:

- ☐ Autism inclusion training and family support
- ☐ Mental health awareness and accessible care
- ☐ Addiction and recovery support initiatives
- ☐ Resources and training for supporting individuals experiencing abuse
- ☐ Pastoral counseling and spiritual direction
- ☐ Resources for parents and caregivers
- ☐ Educational materials for leaders and communities
- ☐ Creative outreach through music, writing, and media

One distinctive aspect of our work is Brightstar (the band), a Christian rock project that communicates themes of mental health, spiritual struggle, hope, and resilience. The band has achieved Top 20 and #1 national chart success within Christian radio outlets, allowing these messages to reach audiences far beyond traditional ministry settings.

Our long-term vision includes expanding into clinically informed counseling services to increase access to professional mental health care in underserved contexts.



Our Story

Brightstar Ministries was born from lived experience, not theory.

What began as two independent writing projects — Health and Discipleship and the Autism and Faith training book (both available on Amazon) — gradually revealed a deeper calling. The writing opened the door to addressing real struggles people were carrying but rarely talking about. Those themes soon found their way into songwriting, and Brightstar (the band) was born as a creative outlet to communicate hope, faith, and mental health awareness through music.

As the message reached more people, it became clear that the needs extended far beyond any single project. We initially formed an organization around autism support but quickly realized that many individuals and families were facing overlapping challenges: anxiety, depression, abuse, addiction, trauma, burnout, and a deep sense of isolation from traditional spaces. To reflect this broader mission of care and belonging, the organization became Brightstar Ministries, Inc.

Years of pastoral ministry had already revealed how many people quietly struggle beneath the surface. Some face emotional or mental health challenges while trying to maintain normal routines. Others battle abuse, addiction, or recovery with little support. Parents raising neurodivergent children often navigate complex systems while carrying exhaustion and uncertainty about the future.



Our own families have walked these roads as well. Raising children with autism and other neurodivergent needs reshapes everyday life in ways many people never see. It can bring profound joy alongside advocacy challenges, financial strain, and social isolation. Parents and caregivers often feel they must carry everything alone while trying to maintain stability for their families.

Over time it became clear that these experiences were not isolated. Many individuals feel they must hide parts of themselves to participate in community life. Others withdraw entirely, believing there is no place for them. Jesus consistently moved toward people who were marginalized — the overlooked, the weary, the misunderstood. His invitation remains: “Come to me, all you who are weary and burdened, and I will give you rest” (Matthew 11:28).

Brightstar Ministries exists to reflect that invitation in tangible ways. Autism inclusion remains a major focus, supported by resources such as the Autism and Faith training book, which equips churches and leaders to better understand and support neurodivergent individuals and their families. However, the mission extends beyond any single diagnosis. Isolation, anxiety, depression, abuse, addiction, and burnout affect people across all demographics.

Music through Brightstar (the band) amplifies this message, creating emotional entry points for listeners who may feel alienated from traditional ministry environments and reminding them that they are not alone.





Programs & Impact

Brightstar Ministries operates across several interconnected areas of care and support:

Autism Inclusion and Family Support

We equip churches and organizations to better serve autistic individuals and other neurodivergent people while encouraging parents and caregivers who may feel overwhelmed or alone.

Mental Health Awareness and Accessible Care

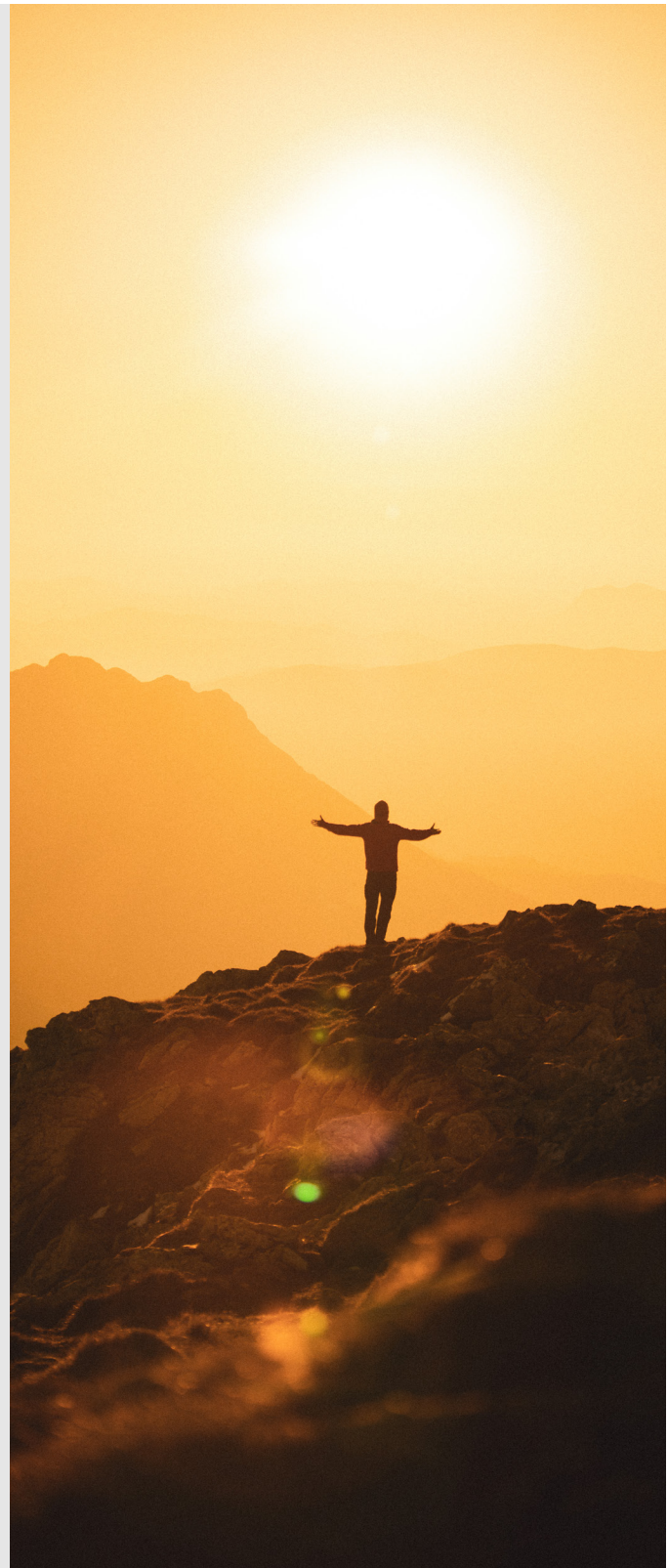
We promote honest conversations about anxiety, depression, burnout, and emotional health, affirming that seeking help is not a sign of weakness but wisdom.

Addiction and Recovery Support

We foster environments where recovery can be discussed openly and individuals are supported without judgment, recognizing that restoration is central to the Gospel message.

Support for Those Experiencing Abuse

We provide encouragement and hope for healing, and work to equip churches to support individuals and families experiencing abuse.





Pastoral Counseling and Spiritual Direction

We provide compassionate pastoral counseling, with a mid-to-long-term goal of expanding into clinically informed services.

Support for the Alienated and Isolated

We seek to embody Romans 12:15 — “Rejoice with those who rejoice; mourn with those who mourn” — by walking alongside people in both joy and suffering.

Whole-Person Discipleship Resources

Our work emphasizes spiritual, emotional, physical, and relational well-being as interconnected aspects of health. Resources such as the Health and Discipleship devotional (available on Amazon) guide support holistic growth.

Creative Outreach Through Music and Media

Brightstar (the band) communicates hope and resilience through music that addresses real-life struggles such as grief, anxiety, abuse, trauma, identity, and perseverance, pointing listeners toward healing and faith. With charting success in Christian music outlets, these messages reach audiences far beyond traditional ministry settings, including many who may never seek formal support. In addition to music, Brightstar Ministries develops books, discipleship resources, and plans podcasts and digital content designed to provide encouragement, practical guidance, and whole-person spiritual growth.





Why Giving Matters Now

The need for accessible mental health and family support continues to grow.

Communities face shortages of affordable counseling services. Families affected by neurodivergence often wait months or years for assistance. Individuals dealing with addiction or emotional distress may hesitate to seek support due to stigma or cost.

Scripture calls believers to act compassionately in the face of suffering: “Let us not love with words or speech but with actions and in truth” (1 John 3:18).

Your support enables Brightstar Ministries to:

- ▣ Develop new training and educational resources
- ▣ Strengthen programs for families and caregivers
- ▣ Provide accessible support materials at low or no cost
- ▣ Grow creative initiatives that reach hidden audiences
- ▣ Expand outreach to underserved communities
- ▣ Build sustainable pathways toward expanded counseling services

There are many ways to participate in this mission:

Monthly Giving

Provides stable support for ongoing programs and long-term planning.

One-Time Gifts

Help fund immediate needs and new initiatives.

Program Sponsorship

Supports specific areas such as autism inclusion training, family support resources, or recovery initiatives.

Church or Organizational Partnerships

Brings resources directly into communities seeking to become more supportive and accessible.

Major Gifts

Enable significant expansion and the development of new services.

Prayer and Advocacy

Encouraging others and sharing the mission extends impact beyond financial support.



Donate Securely Today

If this vision resonates with you, we invite you to become part of the story.

Together we can help families feel less alone, support individuals navigating mental health and recovery challenges, equip communities to respond with compassion, and create spaces where people are not merely accommodated but genuinely welcomed.

“As each has received a gift, use it to serve one another, as good stewards of God’s varied grace” (1 Peter 4:10).

How to Give



Donate Online

<https://brightstarministries.org/donate>

Scan to Give



Mail a Check

*Please make checks payable to:
Autism and Faith, Inc.*

Mail to:

Brightstar Ministries, Inc.
P.O. Box 112
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Contact



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Brightstar Ministries, Inc. is formerly Autism and Faith, Inc.
All contributions are tax-deductible as permitted by law.



Credibility & Leadership

Brightstar Ministries, Inc. is led by founders whose qualifications combine formal training, pastoral experience, academic study, and lived experience.

Co-Founder and Executive Director, Adam Wood, is an ordained elder with four years of pastoral training at Nazarene Bible College. He also holds an Associate degree in Psychology (Christian Counseling) and a Bachelor of Science in Psychology with a minor in Autism from Liberty University. His ministry background includes preaching, counseling, leadership development, and community support work.

As a father of an autistic child, Adam brings firsthand understanding of the challenges families face navigating educational systems, therapies, and community inclusion. His academic training in psychology informs the organization's mental health approach, while his pastoral formation shapes its emphasis on compassion, dignity, and spiritual care.

Co-Founder and Director of Community, Jessi Enyiaku, brings complementary experience as a survivor of domestic abuse, parent of neurodivergent children, and a high-functioning autistic adult herself. Her perspective provides invaluable insight into both the caregiver experience and the lived reality of abuse and neurodivergence, strengthening the organization's ability to serve families with authenticity and understanding.

Together, the founders' experiences allow Brightstar Ministries to approach its work with both professional preparation and genuine empathy, collaborating with churches and communities to create spaces of belonging for those who feel overlooked. They also co-founded Brightstar (the band), whose music addresses themes of mental health, grief, identity, unity, and hope. The band's charting success demonstrates the ability to communicate these messages to a broad audience beyond traditional ministry contexts.



Board of Directors



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Executive Director



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